

SENIOR NEWS

Volume 9, Issue 5, September – October 2007



City of Chandler Senior Center
202 E. Boston Street • Chandler, AZ 85225
480-782-2720 * Fax 480-782-2725

Hours:

Monday – Friday 8 a.m. – 5 p.m.

Holiday Closures:

Monday, September 3, 2007 (Labor Day)

Chandler Senior Center Staff

City of Chandler Parks & Recreation:

Denise Demaray, Recreation Coordinator II, Senior Programs
480-782-2722
Lily Martinez, Administrative Specialist
480-782-2720
Collette Jones, Recreation Coordinator I, Therapeutics
480-782-2709
Eureka Skinner, Senior & Therapeutics Program Assistant
480-782-2741

Community Services of Arizona, Inc:

Nancy Ricketts, Senior Site Coordinator for Meal Programs
480-782-2721
Kelly Delgado, Kitchen Manager and Meal Program Adm. Assist.
480-782-2724
Home Delivered Meals Program
480-782-2740

Chandler Senior Center Site Council

Want to have a voice in what happens at the Senior Center? Attend our Senior Site Council meetings. Starting in September they will be held on the **3rd Tuesday** of each month at 9:30 a.m. Please note change in day and time.

Upcoming Meeting Dates:

Tuesday September 18, 2007
Tuesday October 16, 2007

President – Maretta Wood

Vice President – Rosemary Morton

Treasurer – Betty Crawford

Secretary – Edna Kelch

Members:

Alta Hummel, Marilyn Thompson, Jean Grover, Mary Mederios, Bert Johanson, LaVerne Johanson, Helen Peak, Edna Robinson, Koko Romero, Dorothy Simmons, Mary Conway, Doris Campbell, Mary Fikes, Judy Monninger.

Staff:

Nancy Ricketts, Susan Manion, Denise Demaray, Eureka Skinner

Volunteer Opportunities

Meal Delivery



We are looking for volunteers to help deliver home meals. The volunteer hours are **10 a.m. – 1:30 p.m.** Monday through Friday. If you are interested in volunteering your time, please call **782-2721** and speak to Nancy.

Your help would be appreciated!

Congregate Meal Assistance

The congregate meal program is looking for volunteers to help wrap the silverware, fill salt and pepper shakers, set out napkins, straws, and distribute beverages for the tables. If you are interested please talk to Nancy.

Angel Committee

The craft group is looking for volunteers to help make party and holiday favors to be used for our parties, congregate meal dining tables, and to send to our homebound friends with their meals.

All supplies will be provided; we just need your help each month to make the crafts. The group meets before a holiday on a Monday at 9:30 a.m. Sign up at the front desk to become a member of the Angel Committee. Upcoming meeting: **October 22, 2007.**

Special *Thank You!*



Thanks for sponsoring the free lunches one time per month. **Come out and join us for free lunch every 2nd Wednesday of the month! Pre-registration required.**

A special "Thank You" to Secure Horizons for sponsoring our great Senior Luau.



Thanks Diane, you did a great job at the Tiki bar!

Everyone had a great time!

We appreciate your continued generosity!

Senior Spotlight on Ernest Collier



When one thinks of a gentle, kind hearted, and fun loving individual, one of the first names that should come to mind is Ernest Collier.

The child of a country farmer, Ernest was born May 23, 1927 in Tennessee. One of eight siblings, Ernest says he has had a truly blessed and fortunate life. He graduated from Lane College in Jackson, Tennessee where he received his degree in sociology, and went on to teach in the Tennessee school system for 33 years.

Ernest says that one of his most memorable moments was when he graduated from high school and left the country to experience the fast pace of the city life.

He also says that some of the greatest days of his life were when he married his now deceased wife, Merline and the birth of his wonderful son Michael in the 1960's.

Ernest says that one of the best things that happened in his life was moving to Arizona and having the opportunity to make so many new friends at the Chandler Senior Center.

He says his goal while he is here on earth is to be the best example he can be by spreading Gods love to everyone he comes in contact with. Ernest feels that the more people realize that true love is found in Christ the less hatred we will see in this world.

WE LOVE YOU TOO ERNEST!!!

CONGREGATE MEALS

Join us for lunch! Community Services of AZ serves meals Monday – Friday @ 11:30 am. You must reserve your meal by calling Nancy at 782-2721 by 11 am the day before you would like to have lunch. *A suggested donation of \$2.50 for senior's who are 60 years and older, and \$4 for those under 60 years of age.* Please call Nancy to cancel your meal.

Don't Know Who To Talk To?

Call the Senior Help Line @ 602-264-4357

Need Transportation?

Call Maricopa County @ 602-372-4280

Dial-A-Ride @ 480-633-0101

East Valley Ride Choice 480-962-7433

Ongoing Activities

Weekly Activities

MONDAY

- Arthritis Exercise 9:30 am
- Exercise Safari 10am
- Bingo 12 pm
- Bridge 12 pm
- Quilting 8 am
- Bunco 1 pm
- Bowling (Kyrene Lanes) 1 pm

TUESDAY

- Crafts 9 am
- Mah-Jongg 12 pm
- Pinochle 12 pm
- Quilting 8 am

WEDNESDAY

- Arthritis Exercise 9:30 am
- Exercise Safari 10am
- Bingo 12 pm
- Bunco 1 pm
- Ceramics 8 am
- Hand and Foot Cards 12 pm
- Kitchen Band 10:15 am
- Pinochle 12 pm

THURSDAY

- Crafts 9:30 am
- Hula Dancing 10 am
- Quilting 8 am
- Euchre 1 pm

FRIDAY

- Arthritis Exercise 9:30 am
- Exercise Safari 10am
- Bingo 12 pm
- Bridge 12 pm
- Golden Singers 10:15 am

Monday –Friday Activities

- Koffee Klatch 8:30am
- Computer Lab 8 am – 5 pm
(excluding class time)

Senior Bowling

Come out and join us for some bowling fun every Monday @ Kyrene Lanes (Kyrene/Chandler Blvd) @ 1pm. Cost is \$3.75 for three games. See senior, Joyce Weirup at the alley for additional information.

Calling All Quilters!

The quilting guild is looking for experienced quilters to join them on Mondays, Tuesdays and Thursdays.

Out to Lunch Bunch

Join us every 4th Thursday of the month as we enjoy some good food at some of the valley's finest restaurants. Upcoming trips: **September 27, Mimi's Cafe** and **October 25, Paradise Bakery.**

Transportation provided if needed, please sign up. Please Note: You must pay for your own meal.

Out to the Movies!



Every 4th Tuesday of the month. Cost is \$1.50 for admission, \$1.25 for soda, and \$1.25 for popcorn. We will provide transportation to and from the movies on **September 25 & October 23.** Please call on

Tuesday morning for the departure time, since it will depend on the movie start time. Admission to be paid at the theater.

Mall Walking and Shopping

Bring a friend and lets go walking and shopping! One day a month we will go to local stores around the area. Trips will leave @ 10 am on Wednesday, September 19, to Fiesta Mall and Wednesday, October 17 to Dana Park Shopping Plaza in Gilbert.

AARP Driver Safety Program

This is a driver re-training program to help people 55 and older improve their driving skills. Classes will be held from 1:00 – 5:00 p.m on September 20 & 21 and October 18 & 19. Class fee is \$10. Make checks payable to AARP. Call to register 782-2720.

Hearing Checks

Michael Molumby with Sears Miracle Ear will conduct hearing checks and device cleaning on October 18, from 9-10 am.

Birthday Lunch

Happy Birthday to you, Happy Birthday to you!



Come in anytime during your birthday month and reserve your free lunch.

You must call to reserve your meal. All birthdays for each month will be celebrated on the last Friday at 11:30 am.

Adventures & Outings

NEW REGISTRATION AND REFUND POLICY & PROCESS - Effective September 1, 2007.

This policy and procedure has been put in place to help us be more fiscally responsible when purchasing admission tickets for events. Thanks for your cooperation and understanding.

Registration

- Complete the Activity & Trip Registration form and sign for each activity, trip, etc. Multiple activities, classes and trips may be submitted on one form. A receipt will be issued for your registration. No registration forms will be processed without payment.
- Submit the Activity & Trip Registration form with your payment. Payments can be made by MC, Visa, AX, debit or charge cards, cash or check. (Mazatzal and Ft. McDowell Casino trips \$5 deposits need to be made by cash only.)

Cancellation & Refunds

- All cancellations must be made in person or by phone 24 hours in advance (weekends not included) of the trip to receive a refund. When refunds are processed, credit or debit cards will be refunded within 3-4 days back to the card. Cash and check refunds will take up to two weeks.

Tuesday, September 18 - D-Backs vs. San Francisco Giants activity code: 1434.137

Join us for an evening of Diamondbacks Baseball! Cost: \$13.50 per person. Please register and pay by Friday, September 14. Departure from the center at 5 pm.

Thursday, September 20 – Rainmaker @ Hale Theatre activity code: 1435.157

At the time of a paralyzing drought in the West, we discover a girl whose father and two brothers are worried as much about her becoming an old maid as they are about their dying cattle. The brothers try every possible scheme to marry her off, but without success. Suddenly from out of nowhere appears a picturesque character with smooth talk and the most grandiose notions a man could imagine. Cost: \$17 per person. Departure from the center @ 6:45 pm. Please register and pay by Monday, September 10.

Thursday, October 11 – Lucky Stiff @ Hale Theatre activity code: 1436.157

A musical comedy, zany, offbeat, and very funny murder mystery farce. An unassuming English shoe salesman, Harry Witherspoon, set to inherit \$6,000,000 is forced to take the corpse of his recently murdered Atlantic City croupier uncle on a weeklong vacation to Monte Carlo. If he does not, the money will go to the Universal Dog Home of Brooklyn. Cost: \$21 per person. Depart the senior center @ 6:45pm. Please register and pay by Monday, October 1.

Tuesday, October 16 – Organ Stop Pizza

activity code: 1437.137

Enjoy some delicious pizza, pasta and salads while listening to the magical music from the “Mighty Wurlitzer” organ. No admission fee. You will pay for your own meal. Depart the center at 5 pm. **Please register by Monday, October 15.**

Wednesday, October 24 – Arizona State Fair Senior Day

activity code: 1438.147

Come on out and join us as we take a trip to the state fair. Enjoy food, entertainment, rides and games. **Cost: \$6 per person admission or less depending on discounts** (games, rides, and food will be extra.) Space is limited so please sign up early. We will leave the senior center @ 10:30am. **Please register by Monday, October 22.**

*** Space is limited so please register early! ***

****Please Note****

A **waiting list** will be available for those who want to register for a program or activity that is full. If space becomes available, we will register you from the waiting list in the order you signed up. Please complete the registration form. No payment is due to be placed on the wait list. Payment is due when enrolled from the wait list.

Senior Adult Community Recreation Program Classes

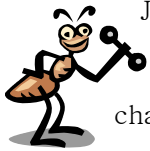
The City of Chandler offers educational, wellness and fitness classes for the maturing adult. These seasonal classes require **pre-registration and payment**. Classes for seniors will be held in the Senior Center unless otherwise noted. **Fall registration will begin August 11, 2007 @ 10 am. Classes will begin the week of September 8, 2007 and run through the week of November 30, 2007.** For further information, please call the Senior Center at (480) 782-2720.

Fall Classes include:

- BEGINNING COMPUTERS I
- BEGINNING COMPUTERS II
- INTERNET SEARCH
- INTERNET/THE WORLD WIDE WEB
- INTRODUCTION TO POWER POINT
- WORKING WITH MICROSOFT WORD
- INTRODUCTION TO DIGITAL CAMERAS
- THERAPEUTIC YOGA
- YOGA AND MEDITATION
- CARDIO BELLYDANCE FOR SENIORS
- CHAIR YOGA
- COACH YOURSELF TO BE YOUR OWN BEST SELF
- FAMILY MEMORIES: HOW TO WRITE YOUR STORY
- THE MOST IMPORTANT LETTER YOU WILL EVER WRITE
- PROTECTING THE PEOPLE YOU LOVE
- A FAMILY HEIRLOOM: YOUR ORAL HISTORY
- BEGINNING ACRYLIC & BEGINNING WATERCOLOR
- 7 SIMPLE STEPS TO INVESTING IN THE STOCK MARKET
- RETIREMENT WITH TAX SAVINGS
- INVESTING FOR WOMEN
- ACTING
- OIL PAINTING
- SCRAPBOOKING
- FITNESS 101
- EATING BY DESIGN
- NUTRITION BASICS
- STAYING HEALTHY FOR THE 1ST 100 YEARS
- BALLROOM DANCING
- COOKING BASICS
- INTERNATIONAL CUISINE
- BUFFET BONANZA
- WISDOM SEEKERS
- TAI CHI CH'UAN- BEGINNERS
- TAI CHI CH'UAN-ADVANCED
- HAWAIIAN HULA DANCING

What's New ?

Exercise Safari



Join Dana Crownover for an **EXERCISE SAFARI!** All you need is a sense of adventure and a sense of humor! Using the alphabet as our guide, we'll stretch and flex mimicking animal A-Z. All exercises are done standing or using a chair for support. **Every Monday, Wednesday and Friday @ 10 am,**



Golden Gardeners



Looking for those of you with a green thumb to help plant, grow and enjoy vegetables grown in raised beds at the Tumbleweed Park garden. A set of raised beds has been set aside for the seniors to grow their own produce. Planting will start in mid September. **If interested, call Denise at 782-2722.**

Joy & Good Luck Club

Join other seniors to reminisce about the good old days, the current good days and the good days to come. **This group will meet every Friday at 12:30 – 1:15 pm in the Lounge.**

Water Walking



Would you like to exercise, but is it hard on your joints? How about walking in the pool. Beginning **September 4 – September 27 on Tuesdays and Thursdays from 12 – 1 pm, you can exercise in Folley pool for \$.75 each time you attend.** Chandler Aquatics is offering this opportunity as a trial class for the month of September. Staff will determine if there is enough interest to continue or begin again in the spring due to the water temperatures. Folley Pool is located at 600 E. Fairview Dr. (Frye east of AZ Avenue and south on Hamilton)

Senior Entertainment

- September 4 – Larry Barry @ 10 am
- September 10 – Gloria Crandall @ 10 am
- September 11 – Joshua Bell @ 10 am
- September 17 – E.C. Applewhite @ 10 am
- September 24 – Jay Farris @ 10 am
- September 25 – Frank Mackey @ 10 am
- October 1 – Jim Bing @ 10 am
- October 8 – Gloria Crandall @ 10 am
- October 9 – Vera Pollack @ 12:30 pm
- October 15 – Jack Norton @ 10 am
- October 23 – Joshua Bell @ 10 am
- October 29 – Mary Poindexter @ 10 am

Speakers

- September 5 – Alzheimer's Association, 10 am
Beanne from EMPACT, Friendly Visit 10am
- September 12 – Blood Pressure Checks, 9:30am
- September 14 – Tobacco Cessation, 10:30 am
- September 17 – Medicare Benefits You May Be Missing, 10 am
- September 19 – Beanne from EMPACT, 10am
- September 26 – Blood Pressure Checks, 9am
- October 1 – Health & Nutrition, 10 am
- October 2 – Alzheimer's Association, 10 am
- October 3 – Beanne from EMPACT, 10 am
- October 10 – Blood Pressure Checks, 9:30am
- October 17 – Sterling Life Insurance, 10 am
- October 18 – Hearing Checks, 9am
Beanne from EMPACT, 10 am
- October 22 – Health & Nutrition, 10 am
- October 24 – Blood Pressure Checks, 9 am

Upcoming Special Events

Boomerang Club

Chandler 55+ Club Book Discussion

September 5, 2007 hosted by Phil Batisto, Certified Life Coach from 7– 8:30 pm. Book focus *“Don’t Retire, Rewire”*, by Jeri Sedlar and Rick Miners.

Dances

Come out and shake a leg at the senior dances on the **3rd Friday of the month** from 6–8 pm on **September 21 and October 19**. Music by DJ Gloria Crandall. Snacks will be provided by Cigna Healthcare.



Golden Age Entertainment

Come out and join us for a day of free food, entertainment and giveaways. Golden Age entertainment will be hosting a *“Medicare Made Clear”* on Friday, September 28 @ 10 am.

Western BBQ

activity code: 1439.177

Join us for some great food hot off the grill, cold beverages (soft drinks, tea) and dance to some good music. BBQ will be on **Saturday, October 13, from 11 am – 3 pm**. Cost will be \$6 per person. Please register and pay by Monday, October 8.

Overnight and Day Trips

Edgewater, Bluewater – September 16-17

2 Days (Laughlin)

\$39 Per person double occupancy

\$53 Per person single occupancy

Majestic Floral Floats Day – December 30, 2007– January 1, 2008 (Southern California)

\$479 per person (single rate)

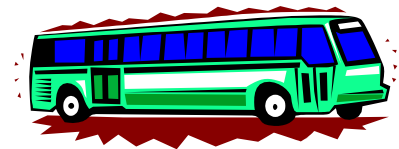
\$399 per person (2 in a room)

\$389 per person (3 in a room)

\$379 per person (4 in a room)

Especially 4-U Tours Policies

Trips coordinated through Especially 4-U Tours have a required minimum number of travelers that must be met by the registration deadline or the trip may/will be cancelled and a refund will be issued. Ask the front desk for special cancellation policies and trip insurance by Especially 4-U Tours.



Casino Day Trips



Please complete Activity & Trip Registration Form and submit with \$5 deposit to register.

Fort McDowell Casino at 9:30 am

September 13 activity code: 1440.157

October 11 activity code: 1441.157

November 8 activity code: 1442.157

Mazatzal Casino at 8:30 am

September 26 activity code: 1443.147

October 24 activity code: 1444.147

November 28 activity code: 1445.147

Casino Day Trip Registration Policy

- All casino trips will require a \$5 deposit and a completed Activity & Trip Registration form.
- If you sign up for a casino trip and do not attend without notifying the Senior Center Staff at least 24 hours in advance, you will forfeit your deposit.
- If you sign up and attend the trip, your deposit will be given to you as you check in for the trip.

Our goal is to eliminate the problem of having people sign up for casino trips and not show for these trips. If you have any questions, please speak to the Senior Center Staff. Thank you.